

# Insomnia Group Treatment



**Who:** Any adult MGB patient with current symptoms of insomnia

**What:** A weekly, 7-session group treatment

**When:** Thursdays from 9:30am to 11am

**Where:** Conducted virtually via Zoom

This group follows the standard treatment protocol for Cognitive Behavioral Therapy for Insomnia. It includes interventions designed to improve sleep quality and reduce thoughts, feelings, and behaviors that interfere with ability to sleep. We will use sleep restriction, stimulus control, sleep hygiene, relaxation, and cognitive strategies to improve patients' sleep and teach tools for maintaining treatment gains. Patients will receive weekly handouts, have access to weekly session content, and will track their sleep patterns using a sleep diary app.